



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY

CYBER CHOICES CURRICULUM CONNECTIONS – NEW BRUNSWICK

Personal Wellness – Grades 3 to 5

Wellness: Students will make responsible and informed choices to promote and maintain a healthy lifestyle

Mental Fitness: Students will develop a positive mental health

Relationships: Students will apply the knowledge, skills and attitudes necessary to establish and maintain healthy relationships.

Wellness

- Describe behaviours and procedures that contribute to personal safety
- Evaluate ways of minimizing risks in potentially dangerous situations

Mental Fitness

- Demonstrate self-calming strategies to regulate emotional reactions
- Examine emotional responses and their influence on behaviour
- Recognize expression of feelings in others
- Identify strategies for seeking support for self and others

Relationships

- Explain bullying and ways to prevent and intervene when it occurs
- Explore strategies to resolve conflict
- Identify the importance of communication to build and maintain friendships
- Identify the various types of bullying and appropriate strategies to respond
- Describe empathic responses and their impact on interpersonal relationships
- Explain the impact of relational aggression
- Describe strategies to deal with conflict across a variety of interpersonal relationships

English Language Arts – Kindergarten to Grade 3

ELA K-3

Overall Expectations

- Communicate information and ideas effectively and clearly, and to respond personally and critically
- Select, read, and view with understanding a range of literature, information, media, and visual texts
- Interpret, select, and combine information using a variety of strategies, resources, and technologies
- Respond critically to a range of texts, applying their understanding of language, form, and genre

Specific Expectations

- Describe, share, and discuss thoughts, feelings, and experiences and consider others' ideas.
- Express and explain opinions and respond to the questions and reactions of others
- Make personal connections to texts and describe, share, and discuss their reactions and emotions.

English Language Arts – Grades 4 to 6

ELA 4-6

Overall Expectations

- Select, read, and view with understanding a range of literature, information, media, and visual texts
- Respond personally to a range of texts

Specific Expectations

- Compare their own thoughts and beliefs to those of others
- Consider information from alternative perspectives